



Why is cleaning my home important?



First Nations Housing
Professionals Association



KEEPER OF MY HOME

Teaching Children and Young People About Caring for a Home

Today's activity:

1

Home Maintenance

What is home
maintenance?

2

The Medicine Wheel

What can the
Medicine Wheel
teach us about home
maintenance?

3

Your turn!

Think of something
related to home
maintenance for each
domain of the
Medicine Wheel.

Home Maintenance

Home maintenance means doing things to make sure your home stays safe and secure.

Cleaning your home is one important part of home maintenance.

What are some things you can do to help keep your home clean?



What Does Home Maintenance Look Like?

Everyone's ideas about maintaining and cleaning a home can look different. That is normal and ok!

When we see images on the internet, on television, or in magazines, it is important to remember they are often not "real," even if they look like they are!

Homes can look very different day to day and person to person. It is all about your preferences.



Why Is Cleaning Your Home Important?

Some First Nations use the Medicine Wheel to teach about the four domains of a person.

The four domains are the physical, the mental, the emotional, and the spiritual.



Why Is Cleaning Your Home Important?

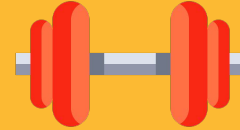
We will explore how cleaning our homes is important to keep each part of ourselves balanced.



The Physical Domain

The physical domain of the Medicine Wheel teaches us to take care of our physical body.

How could keeping your home clean help take care of your body? Think of some ways.



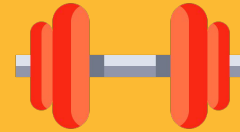
Physical



The Physical Domain

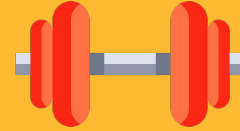
Here are some ways that keeping our homes clean could help keep our physical domain balanced:

- Prevent injuries (e.g., slipping or falling)
- Reduce the chance of physical illness (e.g., foodborne illness or other viruses)



Physical

The Physical Domain



Physical

Can you think of some other ways that keeping your home clean could prevent injuries or illness?

Why is keeping your home safe important to you?



The Mental Domain

The mental domain of the Medicine Wheel teaches us about our mental health. We can do this in many ways.

How could keeping your home clean help you take care of your mental health? Think of some ways.

Mental



The Mental Domain

Here are some ways that keeping our homes clean could help keep our mental domain balanced:

- Reduce anxiety
- Improve our focus
- Improve our mood

Mental



The Mental Domain

Mental



Why might cleaning your home help with anxiety, focus, or mood?

Can you think of a time you felt better after cleaning?
Why do you think you felt this way?



The Emotional Domain

Emotional



The emotional domain of the Medicine Wheel teaches us the importance of our emotional health. Our emotional health comes from how we express ourselves, our self-esteem, and our relationships with others.

How could keeping your home clean help you take care of your emotional health?



The Emotional Domain

Emotional



Here are some ways that keeping our homes clean could help keep our emotional domain balanced:

- Feeling proud
- Feeling happy about helping others
- Helping us keep a positive attitude

The Emotional Domain

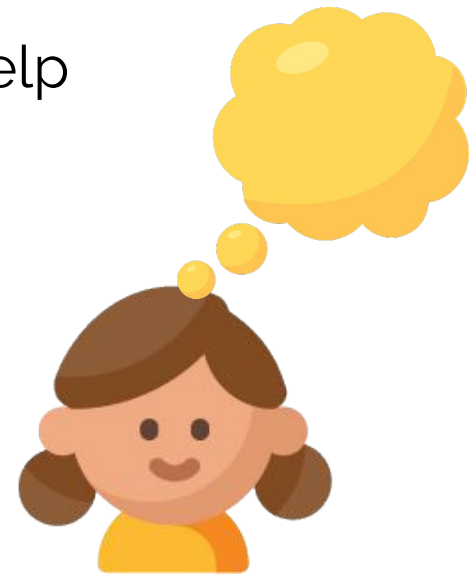
Emotional



Can you think of a time you felt proud of your home?

What about a time you felt happy after helping someone you live with?

Do you think cleaning your home can help you have a positive attitude?



The Spiritual Domain

The spiritual domain of the Medicine Wheel teaches us to connect with the world. Balance in the spiritual domain helps us stay connected to nature and our community.

How could keeping your home clean help you care for your spiritual health? Think of some ways.



Spiritual



The Spiritual Domain

Here are some ways that keeping our homes clean could help keep our spiritual domain balanced:

- Practice mindfulness (e.g., smelling dish soap while doing the dishes)
- Practice traditional medicine (e.g., Smudging to cleanse negative energy from your home)



Spiritual

The Spiritual Domain

Can you think of other ways that keeping our homes clean can help us practice mindfulness or use traditional medicine?

Why do you think taking care of your spiritual domain is important?



Spiritual



Your Turn!



Draw a big circle on a piece of paper and label the four domains of the Medicine Wheel.

List at least **one** cleaning task you can do to create balance in each domain. Explain why you chose each one.

References

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